NIKE+ RUNNING APP
10K INTERMEDIATE
Welcome to day 1. The road to your next 10K begins here. This week you’ll kick your training program off with a mix of easy runs, long runs, speed workouts, and cross-training to ease you into your new training regimen.

### WEEK 1 / DAY 1

3 mi

Today, put in another 3 mi, and take it slow. Stay fresh for your first cross-training day tomorrow.

1. Run 3 mi at an easy, comfortable pace.

### WEEK 1 / DAY 2

Cross-Train

Today’s your first day of cross-training. As you up your distance, cross-training is essential for maintaining your overall fitness and keeping you injury-free for race day.

1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout, for 45–60 minutes.

### WEEK 1 / DAY 3

3 mi

Today, get out there and maintain your fitness with a 3 mi run. Run the last leg at a faster pace. This will help loosen you up for your longer run tomorrow.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

### WEEK 1 / DAY 4

5 mi

Today’s your first long run. Take your time as you complete this 5 mi run. You’ve got your first rest day tomorrow.

1. Run 5 mi at an easy, comfortable pace.

### WEEK 1 / DAY 5

Rest

Today’s your first rest day. Go out for a short walk and be sure to stretch out. Your next week of training begins tomorrow.

1. Enjoy your day off. Take a brisk walk and stay fresh for tomorrow’s run.
This week you’ll increase your distance and add in some endurance-building runs. You’re beginning to build a strong base for your more challenging training weeks ahead.

**WEEK 2/8: BUILD A BASE**

**5 RUNS  19 MILES**

**WEEK 2 / DAY 6**

Get your week started with a short 3 mi maintenance run. Pick up your pace for the last part to get ready for your speed workout tomorrow.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 2 / DAY 7**

Today’s your weekly speed workout. These speed workouts will improve your speed, but more importantly, they’ll also help improve aerobic capacity and running economy, both keys to building your endurance.

1. Start with a 1 mi warm-up.
2. Try a fartlek. Alternate every 2 minutes between a faster pace and a slower pace. Keep it going for 3.5 mi.
3. Finish the last 0.5 mi with a light cool-down.

**WEEK 2 / DAY 8**

Today, take your time on this short 3 mi run. Conserve your energy and get ready for your next cross-training day tomorrow.

1. Run 3 mi at an easy, comfortable pace.

**WEEK 2 / DAY 9**

Today, round out your fitness with cross-training. Work out some different muscle groups and get ready for your next run day tomorrow.

1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout, for 45-60 minutes.

**WEEK 2 / DAY 10**

You’re almost through the week. Today, get this 3 mi done and get ready for your long run tomorrow.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 2 / DAY 11**

Today’s your long run of the week. Take your time and maintain your pace over this 5 mi run. This run is just about getting the work done.

1. Run 5 mi at an easy, comfortable pace.

**WEEK 2 / DAY 12**

Today’s a much-deserved rest day. Take it easy today and rest up for your next week of training.

1. Enjoy your day off. Take a brisk walk and stay fresh for tomorrow’s run.
WEEK 3/8: BUILD STRENGTH
5 RUNS  20 MILES

Up your distance. Up your strength. This week you’ll work to build strength by maintaining your fitness and adding in longer endurance workouts. You’ll also balance out your running with cross-training and rest.

**WEEK 3 / DAY 13**

Start the week off with a short 3 mi run to maintain your fitness and get ready for your endurance workout tomorrow.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 3 / DAY 14**

Today’s 5 mi progression run increases pace as you go. Endurance training runs like this one help add a little extra intensity into your workouts without overly fatiguing you.

1. Run 2 mi at an easy, comfortable pace.
2. Run 2 mi, increasing pace as you go.
3. Finish the last 1 mi with a light cool-down.

**WEEK 3 / DAY 15**

Keep your momentum going today with a 3 mi run to maintain fitness. You’re almost halfway through the week.

1. Run 3 mi at an easy, comfortable pace.

**WEEK 3 / DAY 16**

Today, balance out your running with some good cross-training. Try going for a light swim and get ready for another run day tomorrow.

1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout, for 45-60 minutes.

**WEEK 3 / DAY 17**

Today, get ready for your long run tomorrow by getting this 3 mi run done. Tomorrow, you’ll double this distance.

1. Run 2 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 3 / DAY 18**

Today’s your longest run yet. Get out there and own this 6 mi long run. This run is how you earn tomorrow’s rest day.

1. Run 6 mi at an easy, comfortable pace.

**WEEK 3 / DAY 19**

Today, take a load and let your body recover. Rest up and make sure you’re giving your body the rest it needs.

1. Enjoy your day off. Take a brisk walk and stay fresh for tomorrow’s run.
WEEK 4/8: UP THE ANTE
5 RUNS 18 MILES

This week you’ll up the ante of your training and take down a 5K. Running a 5K will help sharpen your speed and better your endurance as you prepare for a longer race.

WEEK 4 / DAY 20

Today, maintain your fitness with a 4 mi run. Increase your pace for a better ending.

1. Run 3 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

WEEK 4 / DAY 21

Today’s 3.8 mi interval run will help improve your speed and endurance. Testing your body with intervals is a great way to build up strength for the 10K and teach your body how to properly conserve energy.

1. Start with a 1 mi warm-up.
2. Try an interval run. Run 0.75 mi at a faster pace.
3. Keep it going for 0.25 mi.
4. Run 0.75 mi at a faster pace.
5. Finish the last 1 mi with a light cool-down.

WEEK 4 / DAY 22

Keep things light today with a 4 mi run. Run it slow and conserve your energy. You’re almost halfway through the week.

1. Run 4 mi at an easy, comfortable pace.

WEEK 4 / DAY 23

Take today off and rest up. Make sure you get some good stretching. Your 5K run is coming up.

1. Enjoy your day off. Take a brisk walk and stay fresh for tomorrow’s run.

WEEK 4 / DAY 24

Tomorrow’s your 5K run. Racing a shorter distance before your 10K will help sharpen your speed and give you a feel for your 10K race pace. Today, loosen up with a short 2 mi shake-out run.

1. Warm up for 1 mi.
2. Run your strides for 1 mi.

WEEK 4 / DAY 25

Today is your 5K run. Keep your pace comfortable for the first part, then give the last everything you’ve got.

1. Start with a 1 mi warm-up.
2. Run 2 mi at a controlled, race pace.
3. Push yourself for the last 1 mi at a faster, challenging pace.

WEEK 4 / DAY 26

Take today off from running to rest up. Stretch out and go for a walk. Your next week of training begins tomorrow.

1. Enjoy your day off. Take a brisk walk and stay fresh for your next week of training.
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WEEK 5/8: MAINTAIN FITNESS
4 RUNS  19 MILES

This week is all about maintaining your fitness and bringing your long run distance back up. Next week is Peak Week. Make sure you get enough rest and recovery between each workout.

**WEEK 5 / DAY 27**
WEEK 5 / DAY 28

** WEEK 5 / DAY 29**
WEEK 5 / DAY 30

**WEEK 5 / DAY 31**
WEEK 5 / DAY 32

**WEEK 5 / DAY 33**

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**WEEK 5 / DAY 27**
WEEK 5 / DAY 28

** WEEK 5 / DAY 29**
WEEK 5 / DAY 30

**WEEK 5 / DAY 31**
WEEK 5 / DAY 32

**WEEK 5 / DAY 33**
Welcome to Peak Week, the most challenging week of your training program. This week you’ll increase your distance, hit the longest run of your program and mix in some speed work and cross-training. Getting race-ready takes hard work, and this week will push your limits.

**WEEK 6/8: PEAK WEEK**

**5 RUNS  23 MILES**

**WEEK 6 / DAY 34**

Start off Peak Week with a 4 mi run to maintain your fitness and get you loosened up for your speed workout tomorrow.

1. Run 3 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 6 / DAY 35**

Today’s 3.8 mi run is an endurance-building interval workout. Push hard on your fast intervals, and know you’re only getting stronger as your training continues.

1. Start with a 1 mi warm-up.
2. Try an interval run. Run 0.75 mi at a faster pace.
3. Keep it going for 0.25 mi.
4. Run 0.75 mi at a faster pace.
5. Finish the last 1 mi with a light cool-down.

**WEEK 6 / DAY 36**

Keep your momentum going today with a 4 mi run. Slow your pace and conserve your energy. Tomorrow’s your next cross-training day.

1. Run 4 mi at an easy, comfortable pace.

**WEEK 6 / DAY 37**

Today’s your cross-training day. Mix things up and work out some new muscle groups to strengthen your overall fitness.

1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout, for 45-60 minutes.

**WEEK 6 / DAY 38**

Today, loosen up for the longest run of your program with a 4 mi maintenance run. Accelerate on your speed and get in your zone for tomorrow.

1. Run 3 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 6 / DAY 39**

Today’s the longest run of your training program. It’s long. It’s hard. And you’re ready for it. Get out there today and take down this epic 7 mi run.

1. Run 7 mi at an easy, comfortable pace.

**WEEK 6 / DAY 40**

Today, make sure you let your body recover and rest. From now on your goal is to keep things light and easy for Race Week.

1. Enjoy your day off. Take a brisk walk and stay fresh for your next week of training.
WEEK 7/8: TAPER WEEK
5 RUNS  24 MILES

This week is all about tapering. You'll lower your distance and the intensity of your workouts while still working in some strength-building and cross-training. With Race Week right around the corner, the goal now is to maintain your fitness and keep you loose and rested for next week.

WEEK 7 / DAY 41
4 mi
Kick off Taper Week with a short 4 mi run to maintain fitness and loosen up for your progression workout tomorrow.

1. Run 3 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

WEEK 7 / DAY 42
6 mi
Today's 6 mi progression run will test your endurance by increasing pace as the run goes on. Keep pushing and don't let up.

1. Run 2 mi at an easy, comfortable pace.
2. Run 3 mi, increasing pace as you go.
3. Finish the last 1 mi with a light cool-down.

WEEK 7 / DAY 43
4 mi
Today, ease off on your pace during this 4 mi run. Conserve your energy and get ready for your cross-training day tomorrow.

1. Run 4 mi at an easy, comfortable pace.

WEEK 7 / DAY 44
Cross-Train
To maintain your overall fitness, keep things light with a day of cross-training. It'll get you moving in different ways and give you a break from running.

1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout, for 45-60 minutes.

WEEK 7 / DAY 45
4 mi
Today, maintain your fitness with a short 4 mi run. Today's run will also loosen you up for your long run tomorrow.

1. Run 3 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

WEEK 7 / DAY 46
6 mi
Today's your longest run of Taper Week, a solid 6 mi run. Take your time and hit every goal. Race Week is right around the corner.

1. Run 6 mi at an easy, comfortable pace.

WEEK 7 / DAY 47
Rest
With Race Week beginning tomorrow, take today to gather your energy and rest up. You've done the training, and now it's time to keep things light as you approach race-day.

1. Enjoy your day off. Take a brisk walk and stay fresh for your next week of training.
Welcome to Race Week. You’ve put in the training, and now you’re ready to race your 10K. This week you’ll work in some light runs and lower your weekly distance to make sure you’re fully rested and energized for race day.

**WEEK 8 / DAY 48**

Get your Race Week started with this 4 mi run to maintain your fitness. It’ll also loosen you up for your fartlek workout tomorrow.

1. Run 3 mi at an easy, comfortable pace.
2. Finish the last 1 mi at a faster pace.

**WEEK 8 / DAY 49**

Today you’ll be adding fartleks in to this 5 mi run. After today, you’ll keep your workouts light as you approach race day.

1. Start with a 1 mi warm-up.
2. Try a **fartlek**. Alternate every 2 minutes between a faster pace and a slower pace. Keep it going for 3 mi.
3. Finish the last 1 mi with a light cool-down.

**WEEK 8 / DAY 50**

Let the countdown begin. Race-day is only 4 days away. Today, take down this 3 mi run and conserve your energy. Tomorrow’s a cross-training day.

1. Run 3 mi at an easy, comfortable pace.

**WEEK 8 / DAY 51**

Today, get out there and work out a different set of muscle groups. Do some cross-training and keep things light. Race day is only 3 days away.

1. Cross-training day. Try biking, swimming, basketball, elliptical, yoga, or a Nike Training Club workout, for 45-60 minutes.

**WEEK 8 / DAY 52**

As you close in on race day, take today off to rest up. Make sure you’re eating nutritionally and are staying loose. Getting enough rest is key to taking home a PR on race day.

1. Enjoy your day off. Take a brisk walk and stay fresh for your next week of training.

**WEEK 8 / DAY 53**

Tomorrow is race day. You’ve done the training, and now you’re ready. Keep things light today with a short 2 mi workout and stretch out for the big day tomorrow.

1. Start with a 1 mi warm-up.
2. Run your **strides** for 0.5 mi.
3. Finish the last 0.5 mi with a light cool-down.

**WEEK 8 / DAY 54**

Today is race day. The big day. You’ve trained for it. You’ve earned it. Get out there today and take home your 10K PR.

1. Race day. 6.2 mi. Focus on running negative splits.